

Paula's Hope

Vol.13 Sept. 2021 Newsletter



Let's Talk About It

September is Suicide Prevention awareness Month. I am so glad suicide has been given a platform in which we can freely talk about a very important topic that has been kept far too quiet for far too long.

And why is that? Why do we not want to talk about suicide?

It is true that we tend to avoid things in which we are fearful. Fear of the unknown because we are not educated in how to talk with a friend or a loved one wrestling with life altering thoughts. Fearful that if we do say something, it will be the talk that will push them to carry out that thought. Please know that first thing we are to do is talk about it. It is vitally important to be open and honest with yourself and others. Be direct and ask questions like "Are you wanting to end your life?", "Do you have a plan?" "If your circumstances were different, would you still want to end your life?"

And then listen. Really listen to them. People need to be heard and validated.

We are also here to help at Paula's Hope, Inc. Call us at 479-372-4370.

If you feel that they are in crisis, please get help immediately by calling 911 or the National Suicide Prevention Lifeline at 800-273-TALK (8255)

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PRAYER PARTNERS CORNER



In "Resetting My Prayer Life" book by Jenny Weaver:

Back to "Resetting My Prayer Life" book by Jenny Weaver. Under the chapter, "Live It, Breathe It", she talks about pray without ceasing. She states: we are to pray daily & throughout the day, because it is a lifestyle that we live because we are in a relationship with Jesus Christ. *Daniel 6:10-28*

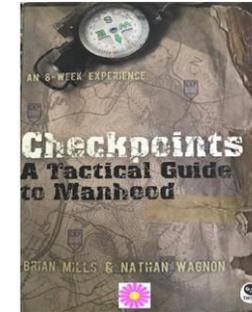
Jenny talks about having yourself a Prayer Plan of Action. She states once you have done this, the devil will be mad. But no matter WHAT he throws at you, remember no weapon formed against you shall prosper!! *Matthew 26:41*

Jenny states how it's such an honor and privilege to come before the LORD just as we are; to sit with HIM in his presence and talk with the King of Kings and the Lord of Lords. Let us never take for granted the access that he paid a high price for.

TO GOD BE THE GLORY,
Mary Mckinney-Deisch

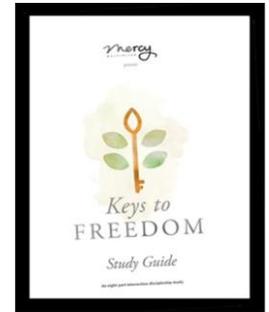
MEN'S CORNER

These men's studies are changing lives of men!



**NEW ONGOING
FOR MEN ONLY
Bible Study
Every Thursday
@ 6pm**

**Sign Up Now!
BE THE MAN
GOD INTENDED
YOU TO BE!**



**FOR MEN
"Keys To
Freedom"**

**Be SET FREE
from the sin
that hinders
you.**

**Sign-Up Online
Today**

Men, do you need to talk? [Contact Us Now](#)

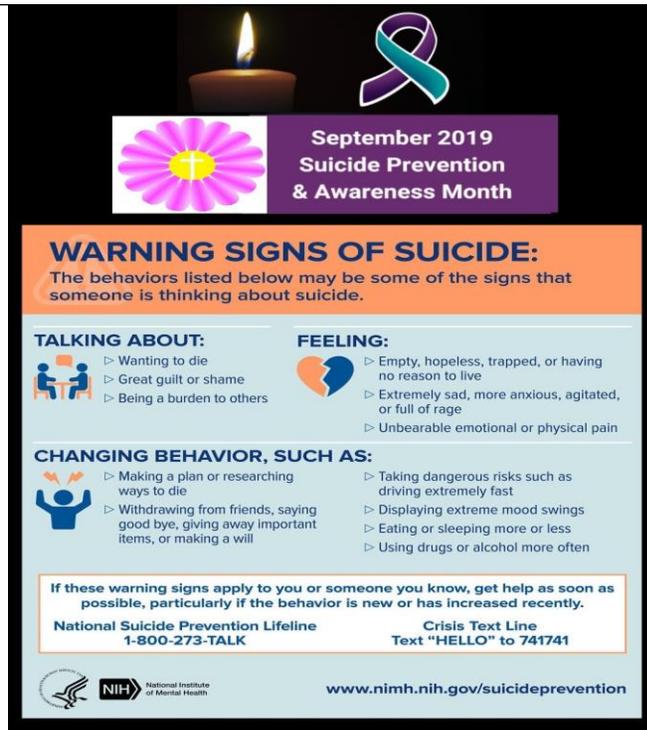


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It may be that due to whatever circumstances, they feel like they are backed into a corner with no way out. Many struggling with depression and/or anxiety grow so weary that they just want relief of the pain. Help them to see from a different perspective. Give them hope. We are also here to help at Paula's Hope, Inc. Call us at 479-372-4370.

If you feel that they are in crisis, please get help immediately by calling 911 or the National Suicide Prevention Lifeline at 800-273-TALK (8255)

"Look not every man on his own things, but every man also on the things of others." Phil 2:4
Blessings, Sheryl



September 2019
Suicide Prevention
& Awareness Month

WARNING SIGNS OF SUICIDE:
The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:

- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741

 National Institute of Mental Health

www.nimh.nih.gov/suicideprevention

Celebrating Our Volunteers - Meet Jan Sudduth, Bible Study Leader and Discipleship Counselor



Hi, my name is Jan Sudduth. I have lived most of my life in the beautiful Ozark Mountains in Northwest Arkansas. I graduated from Bentonville High School, joined the United States Navy and served for 4 years. I married my insurance agent, Rusty, 37 years ago. A policy he is still paying for! We live in the Gateway area and have 2 lovey daughters and 5 incredible grandchildren.

God impressed upon my heart several years ago that I would one day be a part of a women's ministry in this area. This was fulfilled in June 2020 when Paula's Hope open its doors to the communities of Northwest Arkansas. A faith-based ministry led by Jesus Christ our mission is helping others 'finding peace in the pieces'.

2 Cor 1:3- 4 "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble with the comfort with which we ourselves are comforted by God."

God comforts us not only to make us comfortable but also to make us comforters. The comfort God gives to us becomes a gift we can give to others. That unwrapped gift can look like hope, acceptance, value, and the list goes on. If you or someone you know are in need of comfort, you will find that at Paula's Hope. If you are looking for a place to serve God, Paula's Hope offers many opportunities. God has gifted each of His children with talents to glorify Him. If you're not serving, find someplace. And when you do, "do all to the glory of God." I Cor. 10:31b.

Paula's Hope is so blessed to have Jan as part of our Staff Volunteer Team!

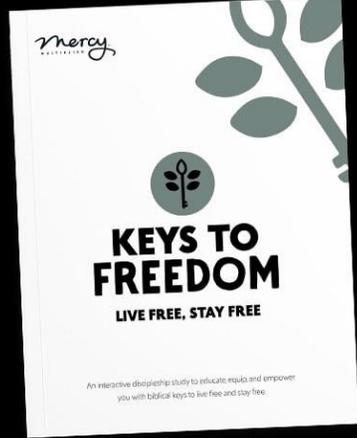


Be a volunteer at
Paula's Hope!

To learn more, go to:

[Volunteer - Paula's Hope, Inc.
\(paulashope.org\)](http://Volunteer - Paula's Hope, Inc. (paulashope.org))

Thank you for considering us in your
giving! Give online: [Click Here](#)



Would you like to:

- Commit & Connect to Christ?
- Renew Your Mind?
- Heal Life's Hurts?
- Choose Forgiveness over bitterness?
- Break Generational Patterns?
- Use Your Authority in Christ?
- Maintain A Lifelong Freedom From The Sin That Gets The Better Of You?

If you do, then this study is for **YOU!**

SIGN UP TODAY!
BE SET FREE!

Study Book: \$15

September CLASSES:
Sign up online for all classes at:
www.paulashope.org/keys-to-freedom-study.html

WOMEN CLASS:
TUESDAYS, starts SEPT. 7th 6:30pm-8pm

Upcoming months schedule:
(Times will be announced and you will be contacted by the facilitator of the study group when closer to start date.)

FRIDAYS classes start SEPT. 10th
TUESDAYS classes start OCT. 5th
WEDNESDAYS, classes start OCT. 6th
TUESDAYS, classes start NOV. 2nd
FRIDAYS, classes start NOV. 5th



Paula's Hope Needs:

Be a monthly Sponsor

Drop off any of these supplies during our office hours:
M-W & F @ 10am-4pm
Thank you for helping make a difference!

- CASES OF BOTTLED WATER
- COPY PAPER



FIREWOOD FOR SALE:
\$10 A BUNDLE

FUNDRAISER FOR PAULA'S HOPE, INC.

FRIDAY, SEPT. 3RD
FROM 2PM - 8PM

LOCATION:
HOOK, LINE & SINKER
ON WEST SIDE IN ROGERS

HOPE TO SEE YOU THERE!
THANK YOU FOR YOUR
DONATIONS



MARK YOUR CALENDAR:

SIGN UP TODAY:

- CHECKPOINTS MEN'S BIBLE STUDY
Every Thursday at 6pm
- KEYS TO FREEDOM BIBLE STUDY
Women - Sept. 7th 6:30pm-8pm
(Other date provided on "Keys" ad on this page.)
- PRAYER PARTNERS @ Paula's Hope

NATIONAL CALENDAR:

- Monday, Sept. 6th Labor Day
- Monday, Sept. 6th evening Rosh Hashanah
- Sunday, Sept. 12th Grandparents Day
- Wednesday, Sept. 15th Yom Kippur
- Monday, Sept. 20th Full Moon
- Wednesday, Sept. 22nd Autumn begins

